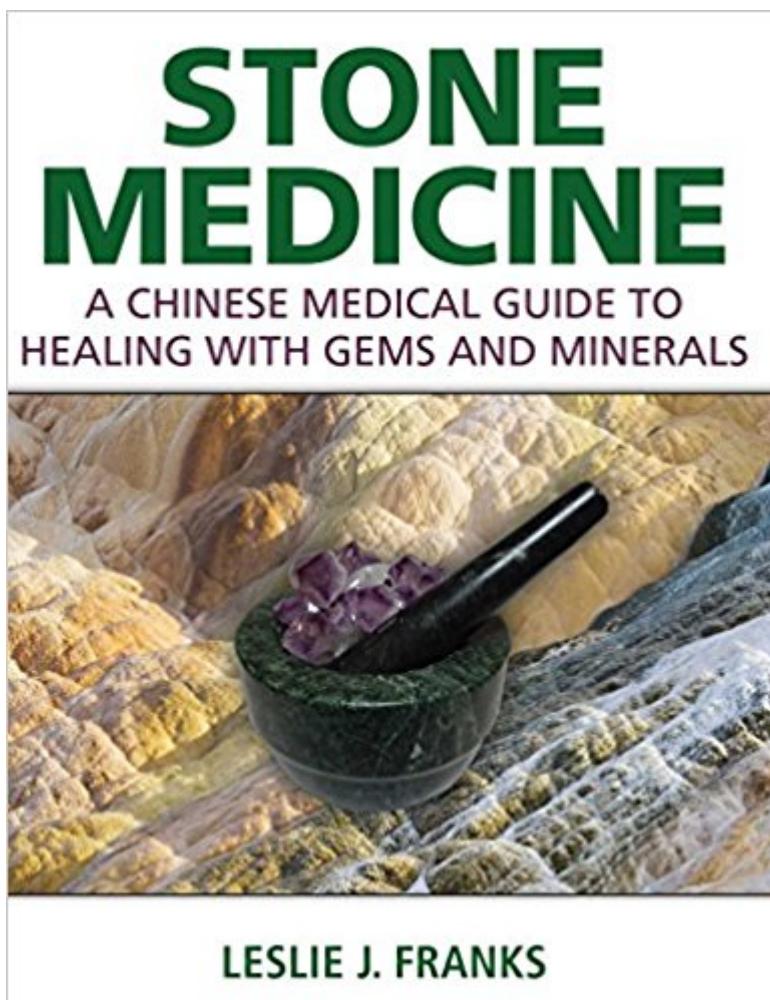


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Stone Medicine: A Chinese Medical Guide To Healing With Gems And Minerals



Synopsis

A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions. Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine. Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications. Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them. Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters. In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

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Customer Reviews

âœBased on the teachings of Jeffrey Yuen, this labor of love, study, and experience is finally coming out. I am so looking forward to using classical Chinese stone medicine for healing and transformation in my own life and in those of my patients.â • (Christopher Dye, M.S., L.Ac., Dipl. Ac. (NCCAOM))âœMy heart is singing knowing that Jeffrey Yuenâ™s work is being offered to the world through Leslieâ™s book, Stone Medicine. I am equally delighted that she has included her own research and experience. I am one of many people who have sat in Jeffreyâ™s classes feeling fortunate beyond belief to be in his presence, letting it in to transform me. Iâ™m grateful that Leslie has documented the details of his remarkable teachings and is sharing them with the world!â • (Barbra Esher, L.Ac., Dipl. ABT & Ac. (NCCAOM))âœIn addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones.â | this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.â • (The Edge, March 2016)âœThis is a comprehensive manual for using crystals, gems and stones to address physical, emotional and spiritual health conditions. In addition to herbalism and acupuncture, Chinese medicine has rich traditions of using stones as medicine, passed from generation to generation for thousands of years. A thorough primer on Traditional Chinese Medicine that is backed by modern scientific research is included. â •

(AZnetnews.com, May 2016)â œBeautifully written and well-organized with a deep understanding of Dr. Jeffrey Yuenâ ™s teachings. Leslie Franks has produced an inspirational work about healing with gems and minerals that is not only for the practitioner of Chinese medicine but is also accessible to the layperson.â • (Sheila George, M.D., Former academic dean for the acupuncture program at the Swedish Institute and b)

Leslie J. Franks, LMT, has practiced Asian bodywork since 1990. In 1995, she began studying Classical Chinese Medicine with Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School. She is also a Chen style Taiji instructor, certified by Master Wang Haijun, 12th generation Chen Taijiquan. She lives in Belchertown, Massachusetts.

This book is an essential addition to any crystal healer's library. It is a wonderful book, a veritable treasure trove of information, and it brings an entirely new perspective to the use of crystals in a therapeutic context. Leslie's book provides a clear introduction to Chinese medicine, and each stone entry offers perspective on how each stone can be applied for healing. This is a guide I shall consult again and again; I can see it becoming one of my favourite reference materials!

Wonderfully written book with clear insights illuminating a path to understanding stone medicine. I have really enjoyed reading this book, and it will find an honored place on my bookshelf in my healing clinic.

Leslie Franks has done a masterful job of organizing and presenting Master Jeffrey Yuen's view point of Chinese energetics - this is the book I have been wanting for at least ten years! Franks sums up nicely much precious information which I have spent 15 years in gathering - from recordings, transcripts of talks, and personally attending Master Yuen's seminars. The first 75 pages provide short descriptions of Yuen's teachings about Chinese medicine in general, which provides a good foundation for understanding the text of the Stone teachings. In the rest of this generous-sized book, the Stones are arranged according to which level of Qi with which they most resonate, which is a potent way to apply them. She also lists their chemical compositions, crystalline structure, level of formations, chinese name, appearance, key characteristics, directionality, functions and uses, and combinations of stones to use. While this book is aimed at practitioners of Chinese medicine, it should be useful to many health care providers because of her clear explanations. She is a natural teacher; thank you, Leslie Franks!

Extremely thorough and informative. Extensive information from a Five Element point of view about many, many stones. Good diagnostic information, as well as, clinical uses of the stones provide the practitioner with useful choices. Highly recommended for Oriental medicine practitioners and body workers alike. Point locations are explained in Western terms for ease of use by those using Western traditions of treatment. This is a one-of-a-kind volume which everyone in Eastern medicine could benefit from. Kudos to Leslie Franks for all that it took to put this compendium out!

Fantastic and is in my opinion a wonderfully written scholarly masterpiece work by Leslie Franks. She really seems to have disseminated a lot of the enormous wealth of Classical Chinese Medicine knowledge from Daoist Master Jeffery Yuen, a truly enlightened being on earth. If you want to know complete details on the most ancient science known: Stones, then this is the book for you!

I am learning so much from this amazing book. The author succeeds in imparting a basic understanding of classical Chinese medicine to the layperson, whilst introducing the qualities and uses of a plethora of stones. Since childhood I've been collecting stones and crystals in nature, and I'm having fun learning about their essence and potential for healing. I highly recommend this book for a wide range of individuals; from the avid stone lover to the serious student of Chinese medicine.

Extensively and throughly researched and well written . I have attended many of Jeffery Yuen's classes and lectures and I think, the authour conveys his attention to detail and clinical applications adroitly. I love the depth of how to practically use the stones medically! Great book

This is the best book I've bought all year. It is exactly what I was looking for...the science...the facts. So happy and excited to have this handy reference and learning tool.

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